REGINA metro®

NEWS WORTH SHARING.

SAUCY SECRETS: 'HOW'S YOUR EVIL PLAN?'

SHANNON TAKES THE BEEMER TO VISIT DANIMAL IN THE RICH-PEOPLE HOSPITAL, WHERE SHE FILLS HIM IN ON THE SO-CALLED 'EVIL PLAN' WITH HER CHINESE BOYFRIEND PAGE 5

Bring abortion drug here: Experts

A commentary in Canada's leading medical journal says Canadian women lack access to the best known option for abortion PAGE 4

EVEN ANGELS INDULGE IN THE ODD PIZZA

VICTORIA'S SECRET ANGEL LILY ALDRIDGE TALKS TO METRO ABOUT HER FITNESS REGIMEN, DIET AND THE LOVE OF HER LIFE PAGE 9

Saskatchewan Roughriders GM Brendan Taman addresses the media Monday about the team's Grey Cup win on Sunday. Taman said winning the Grey Cup is a sense of redemption and gratifying after years working in the CFL. JENNIFER GRAHAM/THE CANADIAN PRESS

Winning the cup offers a 'sense of relief': Riders GM

News conference. Head coach Corey Chamblin says fans played a major role in the game

The path to winning the 101st Grey Cup was years in the making for the Saskatchewan Roughriders and Brendan Taman, the team's general manager.

"Back in 2011, when they announced that the game was coming here, we knew that it was going to be pretty important that we had a good year and hopefully could get into it, let alone win it, so I felt some pressure obviously within for sure," Taman said Monday, less than 24 hours after the Riders won the championship.

"But as a group, we built it from (head coach) Corey (Chamblin) and the staff to the players and everybody we brought in, so yeah there was some pressure."

The pressure eased Sunday night when the Roughriders dominated the Hamilton Tiger-Cats 45-23. The Riders, who will be feted in a parade through Regina today, became the third straight host team to win the CFL title.

Taman, who walked into the news conference Monday holding the Grey Cup, enjoyed the moment. It was "very surreal," he said.

"It's a sense of relief and redemption and sort of verifying that you can win it, eventually. It's not the easiest thing to win obviously, but it's pretty gratifying," said Taman.

Head coach Corey Chamblin said the fans played a major role.

"The biggest thing right now, I can just tell you that stands out in my mind, was the crowd (Sunday) night and being on the stage and seeing all the green," said Chamblin.

"When people say the stage was set, it was actually the stage was set and I think that was the biggest part of the celebration. There were some who watched it on TV, but it was surreal to be in that stadium last night."

The Grey Cup championship parade today will start at Mosaic Stadium and head south down Albert Street before ending in a rally at the provincial legislature.

THE CANADIAN PRESS

MORE GREY CUP COVERAGE ON PAGES 2 AND 14

Did you know 72% of pain sufferers regularly have trouble sleeping?
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For sleep tips & more visit
sleep-centre.ca
TYLENOL
NIGHTTIME

NEWS 1

Grey Cup merriment didn't descend into mayhem: Cops

'Very few incidents.'
Most of the misconduct was — you guessed it — alcohol-related

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Despite thousands of green-clad Riders fans parading through the streets in jubilation following Sunday's championship game, Regina police say it was a relatively quiet Grey Cup week for the force.

Police say "there were very few incidents" directly related to the festivities from Nov. 20-25, with around 14 incidents reported during last night's raucous post-game celebrations that shut down large swaths of the downtown.

"Records indicate 26 Grey-Cup-related police-reported incidents from Nov. 20-25, 2013," read an email by police spokeswoman Elizabeth Popowich, who noted that not every one of the incidents resulted in an arrest.

As expected, police say most of the incidents were "alcohol-related," including 11 reports of drinking and driving, 25 calls involving intoxicated persons and 23 calls of fights and assaults.

Popowich stressed that it was difficult to capture every interaction between police and the public, noting "a number of minor concerns and complaints would have been dealt with by officers at the scene with no further action required."

City police also handled 20 additional calls for service which did not generate reports during the festival's five-day span.

Provincial RCMP, who patrolled all highways coming into and out of Regina, reported no fatalities or serious-injury collisions during Grey Cup week.

Mounties, however, did issue more than 190 speeding tickets, including three for speeds greater than 150 kilometres per hour and 15 for cars driving over 60 kilometres per hour when passing an emergency vehicle.

Police also laid two impaired driving charges.

At your service

"Police were very accessible to the public, and some minor complaints were reported directly to police officers at the many festival venues."
Regina police spokeswoman Elizabeth Popowich

Dismantling the backdrop of our championship memories

Crews continue to tear down the temporary Grey Cup festival infrastructure in downtown Regina on Monday morning, following the Roughriders's 45-23 victory over the Hamilton Tiger-Cats Sunday night at Mosaic Stadium. Neil Donnelly, executive director of the Grey Cup festival, said it would take several weeks for crews to finish cleaning up Victoria Park. MARCO VIGLIOTTI/METRO

Google Street View shows spectacular Sask. sights

A screenshot of the Grasslands National Park from Google Street View. Last week, about 50 Canadian landmarks were made available. CONTRIBUTED

Thanks to Google Street View and Parks Canada, you can now tour the country's landmarks without leaving your couch.

Lisa Leuty, spokeswoman for Parks Canada in Saskatchewan, said the partnership with Google began last spring and will continue through 2014, until the majority of Canada's 144 natural and historic sites are accessible online.

About 50 went live last week.

"In Saskatchewan we're really lucky in that we fit into Google's schedule," said Leuty. "All but one of our sites were captured."

The exception is the Motherwell Homestead, a 19th-century structure where Saskatchewan's first agriculture minister resided.

However, large chunks of Prince Albert National Park and Grasslands National Park, as well as the Fort Walsh, Fort Battleford and Batoche historic sites, have been covered.

In addition to functioning as an educational tool and a way to promote tourism, the project also allows anyone around the world to virtually visit these unique places.

"Realistically, people are not all going to be able to make it to our parks and sites," said Leuty. "(This gives them) a glimpse into what makes Canada, Canada."

JACOB MORGAN/METRO IN SASKATOON

Online

Head to metronews.ca to see five great sights from Saskatchewan on Street View.

Coralee Smith, right, speaks outside the inquest into the segregation-cell choking death of her daughter, Ashley Smith, in Toronto on Monday. With her is Kim Pate of the Canadian Association of Elizabeth Fry Societies.
COLIN PERKEL/THE CANADIAN PRESS

Cell death a murder: Lawyer

Ashley Smith case. The warden threatened guards with excessive-use-of-force sanctions for entering the cell too quickly, according to inquest evidence

The death of a "precious daughter" who strangled herself in her segregation cell as prison guards videotaped but did not intervene should be deemed a homicide, a coroner's jury was told Monday.

In closing submissions at the Ashley Smith inquest, the lawyer who speaks for her family said overwhelming evidence shows top managers ordered frontline staff to stay out of her cell as long as she was still breathing.

The order, Julian Roy said, was devised by Warden Cindy Berry — "the new sheriff in town" — and communicated through her "weak" deputy, Joanna Pauline, to underlings.

"It was not a big misunderstanding. There was no broken telegraph here. This was not a case of staff confusion," said Roy.

"It didn't come off the cuff. It wasn't improvised. This was an order that was carefully thought out by those that issued it."

The order was never written down because it was an "obscenity," Roy said, but senior management's actions contributed significantly to Smith's death, making it a homicide.

Smith, 19, of Moncton, N.B., choked herself to death on Oct. 19, 2007, in her cell at Grand Valley Institution in Kitchener, Ont., just a few months after Berry took over as warden.

Roy traced how correctional officers, who initially rushed in when the disturbed Smith tied ligatures around her neck, succumbed to pressure from senior management to stay out of her cell unless her death was imminent.

A regional manager, brought in by Berry, also told officers that if Smith died, it would be "death by misadventure," the lawyer noted.

"If you have decided it's an accident before somebody dies, it's not an accident," Roy said. THE CANADIAN PRESS

Not equipped

The lawyer urged jurors to recommend a ban on segregation for self-harming or mentally ill women, saying it only does more damage.

- He also slammed Correctional Service Canada, which he said had no business looking after women like Smith, for its resistance to accountability and change.

'Moral crimes'

Afghanistan may bring back stoning, says rights group

Human Rights Watch called Monday on the Afghan government to reject a proposal to reintroduce public stoning as a punishment for adultery, but the Justice Ministry denied that such a law had been submitted. The organization said that a working group that is assisting in drafting Afghanistan's new penal code had proposed provisions on "moral crimes" involving sex outside of marriage that call for stoning. THE ASSOCIATED PRESS

Texas

Cop accused of raping handcuffed woman in patrol car

A Texas police officer is accused of raping a handcuffed 19-year-old woman in the back of his patrol car.

San Antonio's police chief told reporters over the weekend he was "angry" and "outraged" after Officer Jackie Len Neal was arrested Saturday on a sexual assault warrant.

Neal was released from jail Saturday. A listed phone number for Neal was disconnected. THE ASSOCIATED PRESS

Senate scandal continues as byelections play out

NDP Leader Tom Mulcair gets a standing ovation as he asks a question during question period in the House of Commons on Parliament Hill in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

The cacophony of the Senate-expenses scandal blared on Monday in the House of Commons as opposition members pressed for answers on what Prime Minister Stephen Harper knew about his chief of staff's decision to pay Mike Duffy's expenses.

"Does the prime minister agree that there was a criminal coverup organized out of his own office?" NDP Leader Thomas Mulcair said in the House, making reference to the version of events laid out for the media by Harper's spokesman over the weekend.

Paul Calandra, Harper's parliamentary secretary, denied that Harper had any knowledge that Sen. Irving Gerstein, chairman of the Conservative Fund Canada, planned to use party funds to pay Duffy's expenses.

Nor did the prime minister know, Calandra said, that Gerstein contacted a partner at Deloitte Canada about its Senate-ordered audit of Duffy's expenses in an apparent attempt to have the accounting firm drop the senator from the probe, according to the RCMP allegations. Those accusations have yet to be tested in court.

The RCMP also alleges the Prime Minister's Office argued that Duffy's transgressions would become moot once the senator repaid his expense claims, and so he should be removed from the audit.

The notion that Harper was completely in the dark about an alleged coverup involving his chief of staff, as well as Gerstein, was mocked once again by Opposition members on Monday, the same day that voters in four federal ridings were heading to the polls to cast their ballots in a series of key byelections.

"Mr. Harper keeps trying to say the person who's solely responsible is Nigel Wright, but the head of the Conservative Fund was offering to do the exact same thing; that's obviously a key problem here," Mulcair said outside the House.

Democracy Watch, a non-profit organization devoted to holding governments accountable, accused Gerstein on Monday of violating at least two sections of the Senate's conflict-of-interest guidelines. It called on the Senate ethics officer to launch an inquiry into Gerstein's actions. THE CANADIAN PRESS

Byelection outcome

For results of Monday's byelections, go to metronews.ca.

30-year slave case. U.K. police expand search

British police investigating a slavery case involving three female victims say they are investigating 13 London addresses linked to the two suspects.

Police said Monday that inquiries into the new addresses followed an extensive search of an apartment in the Brixton neighbourhood of south London.

The Metropolitan Police also said that the male suspect is 73, not 67 as previously reported. The female suspect is 67.

One suspect is from India and the other is from Tanzania, but police did not specify which individual came from which country. Police have said they shared a political ideology with the three victims, who were allegedly held against their will for 30 years.

Police have said the victims initially lived with the suspects as part of a collective but refused to provide details about their beliefs.

British press reports Monday indicated the group was part of an extreme Maoist collective that operated in the late 1960s and 1970s. THE ASSOCIATED PRESS

Italy. Prosecutor argues to reinstate Knox's guilty verdict in homicide

The prosecutor seeking to reinstate the conviction of Amanda Knox for the murder of her roommate urged an appeals court on Monday not to repeat mistakes he says were made by the court that freed her.

Prosecutor Alessandro Crini said Italy's highest court had "razed to the ground" the Perugia appellate court's 2011 decision to throw out the guilty verdicts.

The high court ordered a fresh appeals trial, this time in Florence, saying the earlier appeals decision was full of contradictions.

Knox and Raffaele Sollecito were convicted in 2009 of killing Meredith Kercher, Knox's 21-year-old British roommate, who was found with her throat slit in her bedroom in 2007. They were sentenced to 26 years and 25 years in jail, respectively. After being freed in 2011, Knox returned to the United States and has not returned to Italy for the current trial. THE ASSOCIATED PRESS

Loud cell talkers in flight. Chatty Cathys could mean bumpy ride for airlines

One frequent flier thinks letting passengers make cellphone calls in airplanes will lead to arguments. MATT SLOCUM/THE ASSOCIATED PRESS FILE

The Federal Communications Commission might be ready to permit cellphone calls in flight. But what about the airlines?

Old concerns about electronics being a danger to airplane navigation have been debunked. And airlines could make some extra cash charging passengers to call a loved one from 35,000 feet. But that extra money might not be worth the backlash from fliers who view overly chatty neighbours as another inconvenience to go along with smaller seats and stuffed overhead bins.

"Common courtesy goes out the window when people step in that metal tube," says James Patrick II, a frequent flier from Newnan, Ga. THE ASSOCIATED PRESS

Irritation in the air

"You think the debates and fistfights over reclining the seat back was bad. Wait until guys start slugging it out over someone talking too loud on the phone."

James Patrick II, a frequent flier

EU embargo

Ottawa to appeal WTO ruling on seal product ban

Ottawa will appeal a World Trade Organization ruling that says aspects of Europe's ban on imported seal products undermine fair trade but can be justified on "public moral concerns" for animal welfare.

While anti-sealing advocates say it's a landmark victory that upholds the European Union embargo, the WTO points out inconsistencies that it wants fixed.

The decision affects hunters in Atlantic outports and Inuit communities who say the embargo discriminates against Canadian seal products. Ottawa said in a statement that it will appeal. THE CANADIAN PRESS

Seals and Sealing Network's Aaju Peter at a press conference Monday. THE CANADIAN PRESS

Market Minute

DOLLAR 94.80¢ (-0.22¢)

TSX 13,472.22 (-6.12)

OIL $94.09 US (-75¢)

GOLD $1,241.20 US (-$2.90)

Natural gas: $3.79 US (-2¢)
Dow Jones: 16,072.54 (+7.77)

Random biz fact of the day

1.7

It costs companies 1.7 times as much to hire an external candidate. FORBES

A Canadian Medical Journal commentary argues Canadian women should have access to the abortion drug mifepristone, also known as RU-486. PHIL WALTER/GETTY IMAGES FILE

Abortion drug should be option in Canada: Report

RU-486. The drug is available in 57 other countries and should be approved by Health Canada, experts argue in top medical journal

A commentary in Canada's leading medical journal says Canadian women lack access to the best known option for abortion.

The authors say Health Canada is currently studying an application to bring that option, a drug commonly known as RU-486, to the Canadian market.

They say women in 57 other countries have access to the drug and say it is important that the application is approved.

The drug, mifepristone, is used in combination with another medication already approved for other indications in Canada.

The treatment essentially induces a miscarriage, avoiding the need for a surgical abortion in most cases.

RU-486 has been available in France since 1988, in Britain since 1991 and in the United States since 2000. A manufacturer would have to apply to bring the drug to market in Canada. THE CANADIAN PRESS

The bottom line

Dr. Sheila Dunn, one of the authors of the commentary published in the Canadian Medical Association Journal, said it's not clear why no one has applied to market mifepristone in Canada before now.

- "Sometimes if it's going to be really onerous to actually get drug approval and the economic margins are not going to be such that makes it worthwhile for someone to do that, that may be a deterrent."

Worries over 'petcoke' pile up

Petroleum coke, or petcoke, is stored on barges on the Calumet River near the Chicago Skyway Bridge in October. The grainy black byproduct of oil refining has been piling up along Midwest shipping channels and sparking a new wave of health and environmental concerns. The piles are evidence of a sharp increase in North American oil production — particularly crude extracted from oil sands in Canada — that has been trapped in the Midwest because of limited pipeline capacity to carry it to the Gulf and West coasts. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Bargain hunters rejoice. Retailers aim to knock out the competition with deals

Now that American retailers have landed in Canada, prepare for the fireworks as stores launch massive promotions and deep discounts in an attempt to draw shoppers.

The arrival of Target and Marshalls — and the expansion of Walmart — hasn't exactly revolutionized shopping, but it has laid the foundation for what industry watchers say will be a bigger fight for market share next year.

Eye of the tiger

"It's a bloodbath for every retailer."

Rona CEO Robert Sawyer, at an industry conference earlier this fall, commenting on how U.S. entrants had made the retail market extremely competitive.

"We can expect to see some very desperate retailers," said Brynn Winegard, a marketing expert at Winegard and Company. THE CANADIAN PRESS

23andMe

FDA halts sales of genetic-test kits

The Food and Drug Administration has ordered Google-backed genetic test maker 23andMe to halt sales of its personalized DNA test kits, saying the company has failed to show that the technology is supported by science.

In a warning letter posted online, regulators say 23andMe has not shown that its tests are safe or effective despite "more than 14 face-to-face and teleconference meetings" and "hundreds of email exchanges." THE ASSOCIATED PRESS

Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 17

metronews.ca/temp

1 in 3 richies

Temping: Not just for the poor

The shift into temporary work is being felt at all levels.

While confirming that low-income families are most affected by this trend, a recent report shows that middle- and high-income families aren't immune either.

• Low-income families (less than $50,000): 75 per cent are employed in insecure employment.

• Middle-income families ($50,000 - $100,000): About half are in insecure employment.

• High-income (over $100,000): Over one-third are in insecure employment. PHOEBE HO/FOR METRO

PHOTO ILLUSTRATION DAVID VAN DYKE/METRO

Survey says

One in four Canadians apparently suckers

Most Canadian workers are happy with their jobs, according to a recent survey by Monster.ca. Twenty-four per cent say they love their job so much they'd do it for free. PHOEBE HO/METRO

Temp Learns Some Secrets

After Sarah left, I tried watching more TV, but the thing about a Kate Winslet DVD marathon is that after about 1.75 movies your brain says, "I can't do this any more!" and forces you to get out of the beanbag chair and do something out in the real world. So I drove to the hospital to visit Danimal. In the Beemer I felt like I barely squeaked through their visitor parking lot's quality control filter — thank God the car had been recently washed. Once inside the building, a tastefully-clad male escort took me up to the third floor as though I was a guest appearing on David Letterman.

Danimal was in a bed looking woeful. "Shannon!"

"Hi Dan."

"Thanks for saving my life."

"I did no such thing. I just took you to the hospital. How is your ever-so-slightly collapsed left lung?"

I could tell Dan wanted to dramatize his condition but couldn't. "Oh, you know."

"I certainly do. I looked it up online. You'll be 100 per cent healed in one week. You should get out of this luxury hotel as soon as you can, too. It'll bankrupt you."

"Too late. I'm already bankrupt."

I cocked an eyebrow. "Really?"

"Why do you think we're dumping the company? I'm going to enjoy this country club lifestyle as long as I can on the insurance company's dollar."

I saw the remains of lunch. "What's the food like here?"

"Insane. Lunch was a wild mushroom risotto with shaved Parmesan. How's your Chinese boyfriend and your evil plan?"

"Dan, I'm assuming it's the painkillers making you stupid, but the fact of the matter is, yes, he and I do have a plan."

"I knew it."

I looked around the gorgeous room (a Warhol print of an eagle on the south wall) and waited for him to say something.

"Well, what is it — what's your plan?"

"I knew you'd ask. I knew you'd crumble."

"Why do you think we're dumping the company? I'm going to enjoy this country club lifestyle as long as I can on the insurance company's dollar."

So I told the Danimal the plan — and then after that I drove over to his place to check up on Chantelle. I rang the doorbell (also Dust in the Wind by Kansas — these people are thorough) and a much cleaner and studlier-looking Darren opened the door in a housecoat, holding a vodka tonic. "Chantelle! It's Florence Nightingale!"

"Ask her to come in."

Dan's house truly rocked — everything you'd expect in the gated community lifestyle. The fire pit alone was the size of my bedroom.

"Hi sweetie, have a drink. Darren, make our guest a Greyhound. There's fresh grapefruit juice in the fridge."

"Will do."

"So," asked Chantelle, "How's Dan?"

"He's looking good. Have you gone to see him yet?"

"Maybe tonight. I have to, um, pull myself together."

I said, "I'll drive you."

"That's sweet but I'll cab it. How are you doing?"

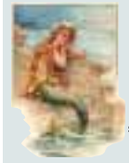
"I got fired this morning."

"Really? Well sit right down next to me and tell Chantelle everything."

TO BE CONTINUED...

Random fact of the day

- Animal Planet made a fake documentary about the existence of mermaids ... twice. People fell for the trick both times.



SOURCE: WTFFUNFACT.COM

Random biz fact of the day

56%

Yep, it's like sending your resumé into a void — 56 per cent of employers admitted they don't acknowledge receipt of applications.

SOURCE: NEXCAREER

What a scoop!

Tell us the office tittle-tattle

Someone hit the booze a little too hard at the last office party? Co-workers getting a little too cozy at the water cooler? Share your juiciest office secret and we'll publish the best in tomorrow's paper. We need to know who you are, but we promise anonymity for all. Send us the scoop at readers@metronews.ca or iamtemp.tumblr.com.

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WHY MILEY, NOT HANNAH MONTANA

SHE SAYS

Jessica Napier
metronews.ca

Another award show, another opportunity to hate on Miley Cyrus.

As the 21-year-old pop star performed at the American Music Awards this past Sunday clad in a two-piece, kitten-print bikini, Twitter blew up with catty (excuse the pun) remarks regarding her on-stage antics.

When it comes to Miley's titillating behaviour and provocative wardrobe choices, there's no shortage of venomous opinions and open letters. But why do women tend to react so negatively toward female peers who are openly sexual?

Canadian researchers Dr. Tracy Vaillancourt and Aanchal Sharma recently developed an experimental study to test their evolutionary-based hypothesis that women are intolerant of sexy women and will condemn those who seem to make sex too readily available. A group of heterosexual young women at McMaster University were enlisted to participate in what they thought was a study on female friendship. The participants were paired up with either a friend or stranger and then approached by a seemingly random woman dressed in one of two distinctly different outfits.

Lisa Elliot — a thin, blond and conventionally attractive student at the university — was chosen to partake in the study as the subject. Half of the time, Elliot approached the participants dressed in a plain T-shirt and jeans. In an alternative scenario she was outfitted in a low-cut top, a tight fitting mini-skirt and knee-high boots.

"There was no real contact between me and the participants when I was in the room," says Elliot. "I was asked to simply walk in and out without making any real connection." Vaillancourt and Sharma monitored the participants' reactions and recorded any signs of aggression — such as eye-rolling, laughter and negative comments — on a very scientific sounding "bitchiness scale."

Women who encountered Elliot dressed in the conservative outfit barely noticed her, while those who saw her in the more sexual getup were far more likely to react with some form of hostility. These participants regarded Elliot as promiscuous and as a sexual rival. A follow-up study showed that the women did not want to introduce her to their boyfriends, allow them to spend time alone with her, or be friends with her.

These women not only engaged in passive-aggressive behaviour to undermine someone they viewed as a potential threat, but also as way to connect with their peers. "I thought it was very interesting to see that so many of the girls, friends and strangers bonded together over their mutual dislike for me when in the racier outfit," noted Elliot.

Competition and hostility among women is much more prevalent than we might think. Some might dismiss a study like this as petty; but gossiping, slut-shaming and other forms of indirect bullying can cause very real emotional distress. We need to continue conducting and learning from studies like this to make ourselves more aware of our own bitchy behaviour and the potential harm it can inflict.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Put on your yarmulke, it's turkey time

PAUL SANCYA/THE ASSOCIATED PRESS

Thanksgiving and Hanukkah coincide

When life gives you Hanukkah on Thanksgiving, make a menurkey.

Or a turkel.

That's what students at suburban Detroit's Hillel Day School are doing — creating paper-and-paint mashups of menorahs and turkeys, and the birds combined with dreidels.

Rozie Aronov, 7, (pictured) holds up her menurkey she created at Hillel Day School in Farmington Hills, Mich.

The recent class projects illustrate one way U.S. Jews are dealing with the convergence of the secular and sacred holidays that will see Thanksgiving overlap with the start of Hanukkah on Thursday.

The last time the overlap happened was 1888 and the next is 79,043 years from now — by one estimate widely shared in Jewish circles.

THE ASSOCIATED PRESS

How often do you get to eat challurkey?

Saul Rube, Hillel's dean of Judaic studies, said the combinations of Thanksgiving and Hanukkah icons underscore a deeper bond: The Talmud, one of Judaism's core texts, describes Hanukkah as a "holiday of thanksgiving."

"The fact that you could meld our Jewish culture and the popular culture is such a wonderful opportunity," he said.

Rube said his Thanksgiving dinner will have one notable addition: A challurkey, a loaf of Jewish challah bread in the shape of a turkey. Some Detroit-area bakeries are selling them but he found one he liked online from a kosher bakery for $12, plus shipping costs.

"I told my wife if we amortize the cost over 80,000 years 'til it happens again, it's not so bad," he said.

THE ASSOCIATED PRESS

Clickbait

LUKE SIMCOE
Metro Online

ADRIAN ROGERS/BBC/THE ASSOCIATED PRESS

You may have noticed a lot of people suddenly talking about Doctor Who. The iconic British series marked its 50th anniversary on Nov. 23, making it the longest running science fiction show in the world. If you're curious, or just want to keep up with the conversation, here are a few sites that will help you tell the difference between a Dalek and a sonic screwdriver.

The TARDIS Data Core:

Named after The Doctor's famous time machine — which resembles a blue policeman's box — the TARDIS Data Core is the de facto wiki for Doctor Who fans. It boasts over 37,000 articles about the show, the universe and its characters. (tardis.wikia.com)

Official Doctor Who Tumblr:

Recognizing the show's cult following online, the people behind Doctor Who started a Tumblr page, which happens to include a friendly guide for Who noobs. (doctorwho.tumblr.com/new-to-doctor-who)

The Inspector Spacetime Wiki:

Not so much a beginner's guide, but rather an insightful parody. What began as a spoof on NBC's Community has grown into a genuine fandom, chronicling the adventures of a mysterious detective who travels through time in a red phone booth. (madmanwithabooth.wikia.com)

Comments

RE: Black Friday and America's Working Poor, published online Nov. 24

So, I agree that wages are low, but they are in line with what the government regulation is, so who's really at fault here?

The government simply has to raise the minimum wage.

They were talking about how (the U.S. Chamber of Commerce) was holding up a bill saying that any wage increase has to be coupled with a tax break for companies. I guess that is to cover the cost of the raise. So now the government has to lose money in order to raise the minimum wage, how does that work?

The way I see it, raise the minimum wage up to 10 bucks and add an additional two per cent tax on any money earned over $250,000. That's should just about cover it. Government has to stop being pressured by big business and do what needs to be done for the better of all its people!

Grrrrrrrrr posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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DVD review

The Grandmaster

Director. Kar Wai Wong

Stars. Tony Leung Chiu-Wai, Zhang Ziyi

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Wong Kar-wai's martial arts tribute reminds us early on that with kung fu, you're either standing or lying flat on your back. Ip Man, played with white hat, black robes and stoic magnetism by Wong regular Tony Leung Chiu-Wai, intends to always be standing. The middle-aged fighter is as good as his word in a rainy prologue where he grapples with a group of younger assailants.
He'll also need to sort out an avenging woman (Zhang Ziyi), a fierce and avenging battler in her own right, whose story is one of several tangents The Grandmaster takes on its circuitous route to enlightenment and justice. The movie could use more of this kind of directness. It's a departure for Wong, who has approached the topic before but normally deals with matters of the mind and heart rather than the hand and foot. He can't resist drifting back to form, even when bodies are in motion.

PETER HOWELL

TV temp-tation

If a staffing agency could wave a magic wand and place temps wherever they want, the Googleplex in Mountain View, Calif., would be getting them by the busload. On-site perks include everything from foosball tables and beach volleyball courts to a chance to scope out driverless cars doing donuts. But even the tech darling's HQ has nothing on television's top workplaces.

MIKE DOJC
scene@metronews.ca

Caltech (Big Bang Theory)

Walking the halls of Caltech would be a riot. You'll toy with lasers and learn a little experimental physics from Leonard Hofstadter. Maybe he'll even hook you up with a gig on his next far-flung field trip. His Stephen Hawking-sponsored North Sea voyage to search for the hydrodynamics equivalent of the Unruh effect turned out to be a hardcore party cruise. Just keep your distance from Sheldon Cooper if you want to retain your sanity.

S.H.I.E.L.D. (Marvel's Agents of S.H.I.E.L.D.)

Temping at the Strategic Homeland Intervention, Enforcement and Logistics Division could very well be the most dangerous placement on the planet but clandestine workplaces don't get any cooler. Field agents at this place make their FBI and CIA counterparts seem downright dowdy and they get to play with awesome next generation gadgets. Quantico and Langley's best and brightest are here where ordinary terrestrial terrorists are small fry.

Sterling Cooper & Partners (Mad Men)

While Don Draper can be a hard case, he knows great talent when he spots it. Impress the cagey creative director and your temporary stint could lead to a permanent position. In this swinging '60s creative powerhouse, that means cavorting with fetching co-workers, three martini lunches, casual office sex and of course a creativity-stoking corporate culture.

World Famous Gold & Silver Pawn Shop (Pawn Stars)

Temping here would be a history wonk's dream. Valuable sports memorabilia and antique military firearms come through daily and organizing these artifacts beats typical office drudgery. Besides, when's the last time you fired a 100-year-old Hotchkiss Cannon to see if it works?

Star Wars fans find a new hope at casting call

Lining up in London. U.K. hopefuls had their chance to impress on the weekend, most left with dreams dashed

KIERON MONKS
Metro World News in London

To a rugby stadium far, far away they flew in their masses, bright-eyed and buzzing with the opportunity before them, to achieve immortality by landing a part in the most successful film franchise ever. When Star Wars auditions beamed down to a drab southwest London suburb — on a frozen morning, this past Sunday — true believers answered the call.

They needed belief to respond to a brief demanding "beautiful, smart and athletic" characters; a girl to play a 17-18-year-old, and a boy 19-23. A casting spokesperson had starkly re-enforced the message, "If you don't fit the brief don't come — you're ruining it for others."

But semi-rational hope — and the knowledge that Luke Skywalker himself, Mark Hamill, had been cast as an unknown — ensured that queues stretched around Twickenham Stadium when the audition tents opened at 11 a.m. They had grown to several thousand since the earliest arrivals before 6 a.m. Tension built toward the front, a hotbed of motivational psychology. "I feel I meet the brief enough to give it a shot," says Nathan Maccauley, a student originally from San Francisco. He had identified a "competitive vibe", but felt that his knowledge of the series could provide an edge. "It's full of strong characters that stay true to themselves when they are pulled in different directions."

A group of hopeful drama students wait in line for an open Star Wars casting call on Sunday. KIERON MONKS/METRO

The competition was shown when dancer Freddy crashes our interview, bouncing with the nervous energy of a caffeine rush. "I'm doing this to challenge myself," she says. "I normally do theatre and music videos, but I'll do anything. I'm not fazed."

Further back, later arrivals had been herded into a pen. "It took three trains to get here," explains Colby, a musician with teeth filed to vampire points. A lifelong Star Wars fan, he said that bounty hunter Boba Fett was the best character in the series as subtle acting was "drowned" by the special effects.

Journey times ran into days and the queue demanded several hours, but applicants passed through the blue audition tents in minutes. "They just asked me my age and what experience I had, but it was all about looks," an unsuccessful boy said bitterly, adding that no refreshments or toilet facilities had been provided during his ordeal — Hollywood glamour in short supply.

Michael Jackson ALL PHOTOS GETTY IMAGES

Murray remains mum on Michael's alleged misconduct

In his first interview since being released from prison, Conrad Murray has plenty of candid things to say about Michael Jackson — but he'll only go so far. At one point, 60 Minutes in Australia correspondent Liz Hayes asks, "Do you believe he's a pedophile?" and that's when Murray gets cagey. "I'm not prepared to answer that question, not now," Murray says.

"I would not make up or fabricate anything." When Hayes points out that she'd expected him to just say no, Murray gets even more vague: "One thing I will tell you is this. I may have formed an impression of an individual based on certain things I have seen or encountered," he says. "You asked a question, and I'm not prepared to answer it. Not now."

Jennifer Lawrence

Has Lawrence's relationship, once on Hoult, caught fire again?

It looks like the summer reconciliation between Jennifer Lawrence and on-again, off-again boyfriend Nicholas Hoult worked out, as a casually dressed Hoult was spotted in Lawrence's limo as she left her taping of the Daily Show with Jon Stewart in New York last week, according to Us Weekly. The pair originally met on the set of X-Men: First Class in 2010 and dated for about two years before splitting up in January, but they seemed to be back together this summer while filming the next X-Men film. Despite Lawrence's hectic travel schedule promoting The Hunger Games: Catching Fire, she and Hoult "talk constantly," according to a source.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Williams-Paisley smacks down Underwood rumours

PAT HEALY
Metro World News

How would you react if a reporter marched up to you and announced that your country singer husband was cheating on you with a spangly, blonde fellow crooner? Kimberly Williams-Paisley was secure enough to laugh it off.

Nashville actress Williams-Paisley is married to country star Brad Paisley. In what reads like a plotline from the show, rumours emerged last week that Paisley was having an affair with fellow star Carrie Underwood. When an Us Weekly reporter relayed the gossip to the Nashville star, she was decidedly unimpressed — and burst out laughing.

"Are you serious?" she said. "Wow! I hope it helps our careers! That's all I can say."

The actress said she's confident in the strength of her marriage. "We spend as much time as we can [together]. We're very down-to-earth people. We come from good families, and we appreciate family."

Harry Styles

Kendall confusion: Harry leaves a whole lot to the imagination

Harry Styles kind of denies that he is actually dating Kendall Jenner after taking her to dinner last week. When pressed by Piers Morgan on whether he and the 18-year-old reality star are dating, Styles said, "We just went out to dinner, so no … I guess. I don't know." That certainly clears it up. Jenner herself hasn't commented on the rumours.

Hugh Jackman

Sun safety no joke for Jackman after cancer screening

Hugh Jackman is speaking out after a recent skin cancer scare, urging his Instagram followers to be careful. "[My wife] Deb said to get the mark on my nose checked. Boy, was she right," Jackman wrote in a caption for a photo of him with a bandaged nose. "I had a basil cell carcinoma. Please don't be foolish like me. Get yourself checked. And use sunscreen!"

Twitter

@samantharonson
Spoiler Alert!! A watched pot DOES boil.

@rustyrockets
Lampposts are dog Facebook.

@pattonoswalt
I know I'm basing this solely on watching award shows, but the music industry is awful, right?

Learning all her secrets

Interview. Victoria's Secret Angel, Lily Aldridge, dishes on how she keeps her figure and some of her beauty rituals

ROMINA MCGUINNESS
Metro World News

The Victoria's Secret show, featuring Lily Aldridge, airs Dec. 10 on CBS. GETTY IMAGES

Metro caught up with Lily Aldridge, Victoria's Secret Angel, hours before the Victoria's Secret Fashion Show to chat chicken wings, butts and the love of her life.

How do you make sure you look great in your underwear?
I do a lot of Ballet Beautiful (a method developed by Mary Helen Bowers, the woman who prepped Natalie Portman for the movie Black Swan). My body's become more toned, more flexible, and I feel stronger, healthier. I'm not good at aerobics, or any kind of boot camp, but this is amazing, and it suits my body so well. Mary Helen and I, we'll do bridge exercises for the butt, inner and outer thigh work on the mat, arm moves, some cardio — it's a full body workout. I work out five to six days a week, for an hour and a half each time, but make sure I take one or two days off when I do nothing but relax. You need to rest.

Do you work out as much once the show is over?
No. I'll probably do one hour, three to four times a week. I have to stay in shape for Victoria's Secret all year long, but it's definitely not as intense.

But do you enjoy it — all the working out?
I love it. I've always been an athlete. It isn't even necessarily about what your body looks like, but being happy, and healthy. Just do what is good for you. I like being toned on the runway, and feeling like I worked hard.

As an Angel, is there a particular body area you've not been told to tone, but know you have to tone?
I try and not worry about what other people say. Everyone has their flaws … but leading up to the show, I'll do like, a billion butt lifts.

Are you happy with the results — how are you feeling butt-wise?
Yeah, I feel good.

What about your diet? Do you eat better, or less?
When you work out a lot, you can indulge, so my diet doesn't change too much. It's not really about weight loss but about being healthy. I try and not eat a ton of salty things, so that I don't hold water. I eat clean, simple, organic foods: lots of protein, lots of vegetables, and lots of avocado and salmon, as they make my skin look great. And I'm obsessed with roasting chicken right now. I've been making roast chicken and baked sweet potato every night — it's really yummy and comforting.

You must be sick of it, surely.
No! I eat chicken all year. I love chicken legs, and chicken wings … that's kind of like, almost a whole chicken.

What 'you can't touch this' food do you want to eat once the show is over?
I think everyone will probably eat a lot of junk food. I'll probably go to Joe's Pizza tonight and order a cheese pizza. I can't wait — all dressed up in my after-party dress.

Good move: I'm not sure they'd let you in if you were wearing nothing but lingerie.
You never know …

What about your pre-show beauty rituals?
I'm pretty low maintenance. I love wearing an oil before I go to bed. It makes your skin very supple and pretty. I use the RMS beauty oil.

How has having a baby — one-year-old daughter Dixie, with Kings of Leon front man Caleb Followill — changed your relationship with your body?
I've always been healthy. But everything is about my daughter now. She's the love of my life, my number one priority.

Lily's beauty staples

NARS
Bronzing Powder in Laguna

RMS
Living luminizer

Tarte Cosmetics
Gifted Amazonian Clay Mascara

Best Health

Options for natural cold remedies

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

The average person contracts more than 150 colds during their lifetime, and Canadians spend more than $300 million each year on remedies for cold and flu symptoms. In the November/December issue of Best Health, alternative-health expert Bryce Wylde writes about the natural options for relieving those symptoms. Here are some of the article's highlights.

Probiotics
Many people think of these as helpful only to the digestive system, but probiotics also boost immune function, so they can help prevent colds.

Natural remedies such as echinacea pills have received mixed reviews on their effects and benefits. ISTOCK PHOTOS

When buying, choose brands with 50 billion to 450 billion intestinal flora per dose.

Echinacea
This has been both panned and endorsed for its efficacy in preventing colds and relieving symptoms. So are you wasting your money if you buy echinacea? It depends on the formula you choose. The root and flower of the plant each contain different immune-boosting chemicals, so you should get a formula that includes both plant parts. A. Vogel's Echinaforce is one brand that contains these.

Nasal strips
Sleep is one of the most important things to get more of when you are fighting a cold, but that can be tough when you're kept awake because of nasal congestion. Try nasal strips such as Breathe Right, which open the nasal passages naturally.

Cough suppressants
There are many natural options available at both pharmacies and health-food stores.

Examples
Boiron Coryzalia Cold contains plant materials such as allium cepa, sabadilla and pulsatilla, and helps with symptoms such as runny nose and sneezing. There's also Nature's Way Sambucus Flu Care bio-certified black elderberry syrup, which is very effective.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.

Give your pets a gift of safety this season

Household hazards. There are three simple ways to pet-proof your home during the holiday season and keep them healthy

The emergency veterinarians at the Center for Animal Referral & Emergency Services (CARES) in New York have seen it all during the holiday season, from cats with tongue lacerations, to dogs who eat holiday bows with metal wires. This time of year can provide a lot of excitement for humans, but can be quite troublesome for pets. Here are their three ways to keep your pets safe through 2013.

Keep all chocolate and raisins out of reach

Many households have extra chocolate on hand right now and it just keeps on coming through the holiday season. Chocolate toxicity in dogs has symptoms of excitement, tremors, seizures, abnormal heart rhythms, vomiting, diarrhea and more. Sometimes their heart rate skyrockets.

Fatty foods can pose a health risk

Most emergencies this time of year come from the food that pets eat. When you sit down to that big turkey or ham dinner this season, consider what you are giving your pet. Turkey scraps and other holiday meals can be very fatty or greasy, which can lead to pancreatitis. Bones from the family meal are also not a good idea. These bones can not only irritate the stomach, but they can get stuck in the mouth or throat, causing a pet to salivate excessively and drool.

Beware

Most emergencies this time of year come from the food that pets eat. When you sit down to that big turkey or ham dinner this season, consider what you are giving your pet.

Watch out for the holiday decor and presents

Cat owners should consider an alternative to buying tinsel for the holiday tree. Cats are attracted to the shiny strands of tinsel and they could easily swallow it. Tinsel can cause serious intestinal problems that often require costly surgery and can be fatal. If you are a cat owner and want to brighten your home with flowers, avoid True Lilies (Lilium). These flowers, when ingested, cause kidney failure in cats. Keep this in mind also if you are bringing a fresh bouquet to a friend or family member's home.

A sweet-smelling home is always a nice way to welcome visitors during the holidays, but potpourri should be kept out of reach of pets. Potpourri can cause gastrointestinal problems, including vomiting and diarrhea, if eaten. Finally, as you unwrap your holiday gifts, be sure to watch out for ribbons, bows and small toys, all of which can be ingested by your pet. Keep an empty trash bag nearby so you can dispose of wrapping and ribbons immediately.

METRO

Keep pets in mind when rolling out the holiday decorations. ISTOCK PHOTOS

You look great in your compression gear, but does it actually help you as a runner? ISTOCK PHOTOS

Compressing the facts on your gear

Fitness clothes. The jury is still out on whether compression gear actually helps but that doesn't stop it from flying off shelves

ANISA ARSENAULT
Metro World News

It's race day. You stretch on your most intimidating compression gear, knowing that the extra slimming material and arbitrary flashy stripes (which you assume are doing the "compressing") separate you from your lowly competitors. You know, the people who are only wearing regular spandex. But scientifically speaking, can you be sure compression gear is effective?

Kai Karlstrom, a triathlete and Tier Four Trainer at Equinox in New York City, says no. But that doesn't stop him from wearing it.

"Everything about compression gear is anecdotal," Karlstrom says. "All of the research that I have seen doesn't prove that it actually has any effect; the blood, or physical markers of recovery, don't show anything different. But muscle soreness and perceived recovery is a benefit that almost everyone feels."

In other words, researchers say nothing proves that compression gear works, but everybody indicates that they feel better.

"The research doesn't prove anything, but that being said, I use mine." Karlstrom says of his apparel.

While he says that research is inconclusive, there is heavy scientific rationale behind the functionality of compression gear. The pressure is supposed to improve blood circulation, delivering more oxygen to contracting muscles while allowing waste products to be pulled out.

"Gear with a specific amount of compression — anywhere from 15 to 35 millimeters of mercury (mmHG) of compression— functions on a few principles," Karlstrom explains. "The main one is muscle pump, and/or venous return. When we stand for a while, blood can sometimes pool at the bottom of our legs, because blood has to fight gravity back up to our heart. When we wear compression gear, it helps constrict the blood vessels, or the veins, to aid in recovery of the muscles. When the blood flows better, waste products are pulled out in a better manner."

According to Karlstrom, this compression process is most effective in the leg area, making compression tights better than compression arm sleeves.

"I know they make compression gear for your arms and things like that, but I find the legs are where you get the most bang for your buck," he says.

As compression gear becomes trendier in the fitness world, athletes erroneously rely on it as a simple solution to pain.

"It shouldn't be a remedy for pain, and I think too many people are trying to use it as such," Karlstrom says. "People don't really know what's going on in their bodies, so they find a simple solution."

Fitness clothing

Workout clothes for women, once relegated to the back of the closet, are moving to the front of the fashion scene.

- **Trends.** Yoga pants are the new jeans, neon sports bras have become the "it" accessory and long athletic socks are hipper than high heels. Blame it on the push by many Americans toward a more active lifestyle. Or call it an extension of the nation's fascination with fashion. Either way, these days jogging suits are just as likely to be seen on a runway in New York as a treadmill in Texas. In fact, sales of workout gear are growing faster than sales of everyday clothing — by a lot. Spending on workout clothes jumped seven per cent to $31.6 billion during the 12-month period that ended in August from the same period a year ago. That compares with a one per cent rise in spending for other clothing to about $169.2 billion.

Half off

Half Off: A winning attitude

Two months ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it on her blog, Half Off.

If you've tried to lose weight you know that there's always a little voice asking: will I pack those pounds back on?

"It happened to me in my 20s," says Dacey, who went from 225 to 160 pounds but gained the weight back and then some. Over the last few weeks, she's been grappling with that fear of failure.

"It's more difficult for me this time around because I've already failed once."

But those days are few and far between, and Dacey also knows she has made real progress — she has lost over 35 pounds and kept every one of them off. She also sees key changes in herself that signal a lifelong change.

Here are four critical changes that have positioned her to succeed.

1. When she's frustrated, instead of going to the cupboard, Dacey heads to the basement workout room, puts on her running shoes and goes through her workout routine.

2. When her family decides to go out for a meal, Dacey does her research so she can make some healthy choices ahead of time.

3. Dacey keeps a food journal (on her phone) and enters everything she eats, even when she goes over her daily limit. "I'm much more conscious of what I'm putting in my mouth."

4. When she feels down, she writes about it. "My blog is my therapy."

For 10 Winning Attitudes of Healthy Women, check out the Half Off blog at metronews.ca/voices/half-off/

YLVA VAN BUUREN/FOR METRO

Stir-fry goes leaner with turkey

ROSE REISMAN
For more, visit rosereisman.com or follow her on Twitter @rosereisman

Turkey breast is an even leaner protein than chicken breast. You can find boneless breasts in your supermarket. I like to dust the turkey cubes for this Turkey With Hoisin Sauce Stir-fry with flour in order to maintain the moisture.

This recipe serves four. ROSE REISMAN

Ingredients

Sauce
- 1 cup low-sodium chicken stock
- 2 tbsp low-sodium soy sauce
- 3 tbsp hoisin sauce
- 4 tsp cornstarch
- 1 tbsp brown sugar
- 1 tsp sesame oil
- 1 1/2 tsp crushed fresh garlic
- 1 tsp minced fresh ginger

Stir-fry
- 8 oz boneless, skinless turkey breast, cut into 1-inch cubes
- 2 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups thinly sliced red bell pepper
- 1 1/2 cups halved snow peas
- 1/2 cup sliced water chestnuts
- 1/4 cup coarsely chopped cashews for garnish
- 1 large green onion, chopped for garnish

1. To make the sauce: Place the stock, soy sauce, hoisin sauce, cornstarch, brown sugar, sesame oil, garlic and ginger in a small bowl and whisk to combine. Set aside.

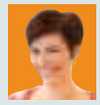
2. To make the stir-fry: Dust the turkey with the flour. Spray a nonstick wok or frying pan with cooking oil and place over medium heat. Brown the turkey on all sides for 3 minutes or until browned but not cooked through. Remove from pan.

3. Respray the pan and heat the oil over medium heat. Add the red pepper and snow peas; stir-fry for 2 minutes or until the vegetables are tender-crisp. Stir the sauce and add it to the pan along with the turkey and water chestnuts. Cook for 2 minutes, until the turkey is cooked through and the sauce has thickened.

4. Serve immediately, garnished with cashews and green onion.

Health Solutions

Gooble, gobble, French style

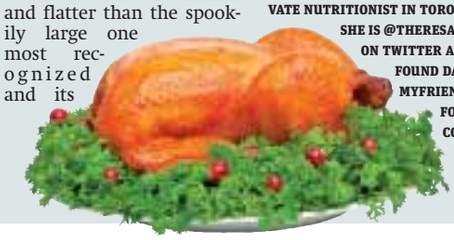


NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

There is a region in France, south of Paris that is bucolic and rural and is the source of the next greatest gift of poultry.

"This breed is technically called Black Turkey since its feathers are black," says Sam Gundy of Olliffe Butchers in Toronto, "but it will be marketed for the first time this holiday season under the name Aritsan Gold."

The turkey looks nothing like the big frozen bird you will find at the grocery store. Its breast is smaller and flatter than the spookily large one most recognized and its legs are bigger and darker. Almost as if it could actually walk which, in fact, this bird does. It is slowly and naturally grown and antibiotic free.



Artisan Gold roasts just like a regular bird only it doesn't require any "butter" injection, brining or basting. Its flesh is slightly more yellow and much meatier tasting. If you are counting on pan juices for gravy, you will have to add them because all the juices stay in and keep the meat moist. No oil slick on top of salty brine here.

Simply take the neck and gizzards and simmer on the stovetop covered with water to make a healthier, leaner, tastier gravy.

Vive la France.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lunch. Thai Turkey Soup

1. In saucepan, heat oil over medium-high heat. Add turkey pieces with onion and garlic and sauté 5 minutes or until browned. Add coriander and ginger. Sauté 2 minutes.

2. Stir in remaining ingredients. Reduce heat and simmer for 15 minutes or until turkey and vegetables are cooked. Taste and adjust seasoning. Remove lemongrass before serving. THE CANADIAN PRESS/ SOUPESOUP BY CAROLINE DUMAS (PUBLISHED IN ENGLISH BY HARPERCOLLINS PUBLISHERS LTD., BY ARRANGEMENT WITH FLAMMARION QUEBEC, 2012).

Ingredients

- 30 ml (2 tbsp) olive oil
- 1 boneless, skinless uncooked turkey breast, chopped
- 1 large onion, finely chopped
- 4 garlic cloves, chopped
- 15 ml (1 tbsp) ground coriander
- 15 ml (1 tbsp) grated ginger
- 1.25 l (5 cups) boiling water
- 1 stalk lemongrass, white part only, bruised using back of knife
- Juice of 2 limes
- 2 celery stalks, finely chopped
- 2 carrots, thinly sliced
- 1 parsnip, thinly sliced
- 30 ml (2 tbsp) tamari
- 5 ml (1 tsp) toasted sesame oil
- 1/2 bird's-eye chili, finely chopped
- 45 ml (3 tbsp) chopped cilantro
- Sea salt and ground pepper

Move over, bread crumbs — potato coating offers crunch

1. Heat the oven to 350 F.

2. In bowl, whisk 6 tablespoons of the flour, the salt, pepper and baking powder. Set aside.

3. Place grated onion on clean dish cloth, gather up edges to form a bundle. Holding bundle over the sink, squeeze out at much liquid as possible.

4. In a mixing bowl, combine onion, potatoes, brisket, flour mixture and egg whites. Mix well to make a batter that is loose, but holds together well, adding more flour if necessary. Set aside.

Ingredients

- 10 tbsp all-purpose flour, divided
- 1 tsp kosher salt
- 1 tsp ground black pepper
- 1/4 tsp baking powder
- 1 cup grated sweet onion
- 20-oz bag fresh shredded potatoes (about 4 cups)
- 3/4 lb finely shredded or chopped cooked brisket or corned beef
- 4 egg whites, whisked until frothy
- 1 1/4 lbs fresh turkey breast cutlets
- 2 whole eggs, lightly beaten
- Vegetable oil, for frying

Potato-Crusted Turkey Cutlets

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

5. Place remaining 4 tablespoons of flour in wide, shallow bowl. Place the 2 whole eggs in a second wide, shallow bowl.

6. To prepare cutlets, one at a time dip each first in the flour, then the beaten eggs. Then use your hands to press 1/3 cup of the potato mixture evenly onto one side of each cutlet.

7. In a large skillet over medium-high, heat about 1/4 inch of oil until a shred of potato dropped into the oil sizzles immediately.

8. Working in batches, add the cutlets potato side down, to the skillet. Cook until the potatoes are crispy and browned and the turkey is no longer pink at the centre, 4 to 5 minutes. Carefully press another 1/3 cup of the potato mixture on top of each turkey cutlet, then flip and brown on the second side for another 4 to 5 minutes. Transfer to a rimmed baking sheet, then repeat with remaining cutlets.

9. Bake for 10 minutes, or until the turkey reaches 165 F at the centre.

THE ASSOCIATED PRESS

In MTV's Generation Cryo, Breeanna Speicher goes looking for the sperm donor who was her biological father. CONTRIBUTED

Sperm-donor kids go in search of family

Television. New MTV series tracks a college student's efforts to find her half-siblings and her biological father

Breeanna Speicher's curiosity about her background led her to a family she never knew she had and inspired a new MTV series that stretches the very concept of family.

The 18-year-old college student from Reno, Nev., is the daughter of two women who conceived her with a sperm donation. She's the central figure in Generation Cryo, which follows her effort to discover half siblings through a registry and, ultimately, track down the donor who gave her life.

The first recorded artificial insemination came in the 1800s to a woman who didn't know she was getting it, said Wendy Kramer, founder and director of the Donor Sibling Registry. Doctors performed the procedure in the middle of the last century, but it was mostly kept quiet before the practice became much more widespread with the opening of sperm banks in the 1980s, she said.

That means enough "donor babies" are coming of age now to prompt public interest in their experiences, evident in both Generation Cryo and the new Vince Vaughn movie Delivery Man, about a donor who discovers he's responsible for more than 500 kids.

Kramer said she tried for eight years to get a television network interested in a story drawn from her registry of people trying to connect with other donor families before MTV showed interest.

"We know that our audience is interested in stories relating to family, and this is definitely a unique and fresh take that really makes you think about what a family is," said Marshall Eisen, series executive producer.

Speicher's nose ring and adeptness with video selfies make her a natural MTV personality and easily relatable for the audience. Eisen's original interest was in half siblings finding each other, but Speicher's desire to find her donor adds a richness and level of complexity to the story.

In the first episode, she travels to suburban Atlanta to meet Jonah and Hilit Jacobson, twin 18-year-olds who had the same sperm donor.

THE ASSOCIATED PRESS

A donor baby's journey

"You think you know what to expect. You think you can handle it. But until you get to that point, there's no way to prepare."

Breeanna Speicher, a college student featured in MTV's Generation Cryo

Start-up advice from a couch-surfing millionaire

Entrepreneurship. Brian Chesky, CEO of home-sharing website Airbnb, says it's a great time to go it alone

ELISABETH BRAW
Metro World News

Heard the story about the guy who earned a fortune on his spare bed? Well, it's true. New Yorker-turned-San Franciscan Brian Chesky and his two co-founders came up with the idea of Airbnb as a way of making a few bucks. Five years later, Airbnb is the go-to place for every young (and not-so-young) traveller, with offices in 11 countries and 10 million nights booked in homes like yours. Chesky, now 31, explains how to succeed with your own idea.

Everyone wants to become a hugely successful entrepreneur, but 99 per cent of business ideas don't end like Airbnb. How did you know that you had a winner?
We didn't know that Airbnb would be a winner. It started because one weekend my roommate and I discovered that we had no money for rent. But there was a big conference coming up in San Francisco and all the hotels were sold out. My roommate and I thought, "Why don't we organize a bed and breakfast for the conference?" We pulled air beds out of a closet and rented out space in our apartment. We called it the Air Bed & Breakfast.

So your company didn't seem like a winner in the beginning ...
We thought it was a clever idea, but we didn't know that it would be successful. Then we asked some other people to try it and they loved it. That made us realize that if other people experienced what we experienced, they'd really like the experience, too.

So the challenge was to get people to try it, so we tried to get people around the world to do it. We thought just a few people would do it, that hosting people in your house is not for everyone.

But at a certain point we started noticing that lots of people were doing it and loved it, not just people like us — people of all ages and backgrounds. At a certain point it became clear to us that it was a great idea because it had something for everyone.

What's the make-or-break point for a start-up?
When word of mouth starts taking off and your business starts growing without anything that you're doing. That's when you know that it's going to be pretty big. If people are incredibly excited about it, they'll tell lots of people.

Then you realize that it's a huge market: tons of people who love your product tell everyone they know about it. You can feel it. It's not like you wake up one day and just know that your company will be a success; it's more like a momentum, like the temperature getting hotter and hotter and hotter.

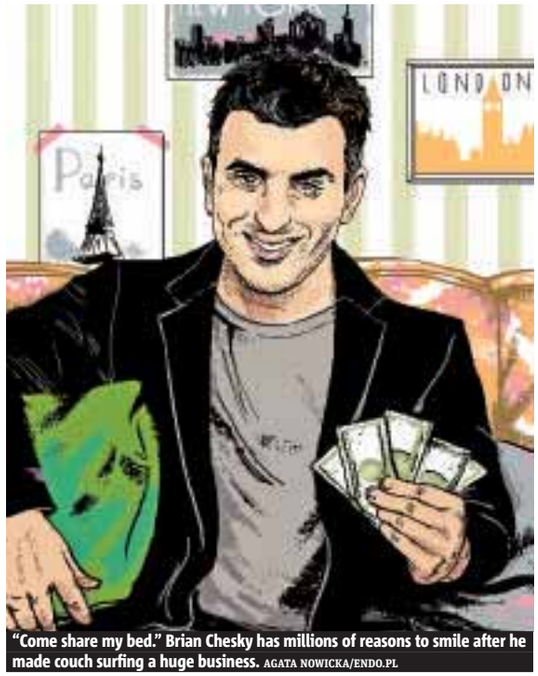
What's your main motivation? Finding people a place to stay for free? Couch surfing enthusiasm? Making money?
A new economy is being built around the world, and it's based on the idea of sharing. It's not inevitable, but if it happens, it will be a fundamentally better world, and it will provide an alternative to billions of people, people who are connected with each other.

We want to help create that kind of world. I also want to provide incredibly meaningful experiences to millions of people all over the world. And I want to help create a new company culture that will impact how the 21st century works.

Youth unemployment is at a record high in many countries. What's your advice to a young, well-educated person who can't find a job?
The challenges of high youth unemployment may very well create lots of new opportunities that will, in the long term, be really good for an entire generation.

Are you saying that recession is a good opportunity for young people to try out something totally new, like entrepreneurship?
Entrepreneurship success can happen for many kinds of people. Not everyone has to have a company the size of ours, but I think anyone can be autonomous. I think the reason many young people are unemployed is that they don't fit into the current market system, but it doesn't mean that you can't create your own market.

For example, we're having many micro-entrepreneurs join Airbnb. They don't start their own companies, but they're providing services as hosts and build businesses around that. I think now is one of the best times in the world to strike out on your own: it's small, it's connected, and it's easy to do it. Sometimes it takes really difficult times to make people look at other options.



"Come share my bed." Brian Chesky has millions of reasons to smile after he made couch surfing a huge business. AGATA NOWICKA/ENDO.PL

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KONSTANTIN CHAGIN/SHUTTERSTOCK

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Peter Jackson, vice-president of Potash Operations with the Mosaic Company in Regina, can attest to the value of a Levene MBA. A graduate of the program, Jackson supervises many employees at Mosaic who hold the same degree.

"The program teaches you how to motivate people and strategize, and the international component teaches you how to see things from different perspectives, a skill that is crucial to success in a global context," Jackson says.

The engineering management specialization "is the icing on the cake for those holding engineering degrees," Jackson says. "Engineers often find themselves headed for management roles. The MBA program equips engineers successfully to assume those roles."

University of Regina alumnus Gary Bosgoed, senior vice-president, WorleyParsons, sees high value in the MBA program and is actively in search of MBA graduates.

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Concussions. Ex-players sue NHL for lack of protection

Ten former NHLers, including all-star forward Gary Leeman, are claiming in a class-action lawsuit that the league hasn't done enough to protect players from concussions.

The lawsuit seeks damages and court-approved, NHL-sponsored medical monitoring for the players' brain trauma and/or injuries, which they blame on their NHL careers. It was filed in federal court in Washington on behalf of players who retired on or before February 14 of this year and have suffered such injuries.

Plaintiffs

In addition to Leeman, the other ex-players on the lawsuit are Bradley Aitken, Darren Banks, Curt Bennett, Richard Dunn, Warren Holmes, Robert Manno, Blair James Stewart, Morris Titanic and Rick Vaive.

The suit comes just three months after the National Football League agreed to pay $765 million to settle lawsuits from thousands of former players who developed dementia or other concussion-related health problems — and in an era when more attention is being paid to the damages of head injuries sustained in sports.

Among other things, the suit claims that:

- The NHL knew or should have known about scientific evidence that players who sustain repeated head injuries are at greater risk for illnesses and disabilities both during their hockey careers and later in life.
- The league didn't do anything to protect players from unnecessary harm until 2010, when it made it a penalty to target a player's head.

THE ASSOCIATED PRESS

Kory Sheets rushed for a record 197 yards against the Tiger-Cats in Sunday's Grey Cup at Mosaic Stadium. LIAM RICHARDS/THE CANADIAN PRESS

Sheets runs down Tiger-Cats, record

CFL. Riders running back caps up-and-down season by setting benchmark in Grey Cup, earning MVP honour

It wasn't the rushing record Kory Sheets originally wanted but it came with the ultimate prize.

Sheets captured MVP honours after rushing for a record 197 yards and two touchdowns on 20 carries to lead Saskatchewan to an impressive 45-23 Grey Cup win over the Hamilton Tiger-Cats on Sunday night. The victory, before a loud, predominantly green gathering of 44,710 was a historic one as the Riders became the third straight host team to win the CFL title and claimed their first-ever championship at Mosaic Stadium, which will be replaced in 2017.

"It feels good to get the rushing record but it feels great to get that Grey Cup," the former Purdue star said. "I've never won a championship, outside of high school.

"I've been on those teams that just couldn't really cut it. Now we have a team that was the cream of the crop. We went out there and proved it and showed it all season long."

Grey Cup ratings

TV ratings for the 101st Grey Cup game made it the most-watched sports program of the broadcast year, and the fourth most-watched Grey Cup game on record.

- Overall, more than 11.5 million viewers, or approximately one in three Canadians, watched some part of the game.

It was an intriguing match-up involving one team with the rabid support of thousands of diehard fans and another that had essentially been on the road all season. The Ticats played their entire 2013 home schedule in Guelph, Ont., while a new stadium is being built in Hamilton.

Sheets opened the regular season rushing for 100 or more yards in Saskatchewan's first six games and in seven of eight, amassing over 1,000 yards at the halfway point of the season. He was on pace to shatter Mike Pringle's single-season rushing record of 2,065 yards and was open about the fact he wanted it bad.

But Sheets missed three games with a knee injury and finished with 1,598 yards, 215 behind Stampeders star Jon Cornish. THE CANADIAN PRESS

Sports in pictures

1 NBA. Injured Bryant given mega-extension

The Lakers signed Kobe Bryant to a two-year contract extension Monday, securing the aging superstar with what ESPN reports is a deal worth $48.5 million. THE ASSOCIATED PRESS

2 NBA. Rose's season over

The Chicago Bulls announced on Monday star Derrick Rose is out for the season after successful surgery to repair a torn medial meniscus in his right knee. THE ASSOCIATED PRESS

3 NHL. Bolts' Stamkos back on his feet

Tampa Bay Lightning star Steven Stamkos is walking without crutches or a boot two weeks after breaking his right leg and said Monday he fully expects to play again this season. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
It may appear as if a rival has got the upper hand but you are not beaten yet. You are at your best when your back is to the wall and things look grim. It brings out the fighter in you.

♉ Taurus
April 21 - May 21
Whatever you do today will go extremely well but you will also have to deal with people who can't stand the idea of you being successful and constantly pick holes in your triumphs. Ignore them.

♊ Gemini
May 22 - June 21
Your own interests must come first. No matter how sorry you feel for someone and no matter how much you want to help them out, don't jeopardize your own position. If the roles were reversed would they sacrifice for you?

♋ Cancer
June 22 - July 23
According to the planets, you are not much in the mood for working with other people. That's good. Creative projects will go best if you cut yourself off from the world and focus on what matters to you.

♌ Leo
July 24 - Aug. 23
If you believe that a certain course of action is necessary then go for it and don't think of what might happen if it goes wrong. Life is a gamble or it is nothing, so follow your instincts and don't give up.

♍ Virgo
Aug. 24 - Sept. 23
Something you have been dreaming of for months is now within reach and before this day is over you will have one hand firmly on the prize.

♎ Libra
Sept. 24 - Oct. 23
Someone appreciates what you have done and over the next 24 hours will go out of their way to show it. Take it as a reminder that good deeds never go unrewarded.

♏ Scorpio
Oct. 24 - Nov. 22
You like a challenge, be it mental or physical, and that's good because someone will confront you with a puzzle that takes all your brain power to solve. Don't look for the obvious answer. Look for what everyone has missed.

♐ Sagittarius
Nov. 23 - Dec. 21
Force yourself to go beyond your natural limits today. You will find you still have plenty in reserve. You may be easygoing by nature but there is also a tenacity about you. You refuse to be defeated.

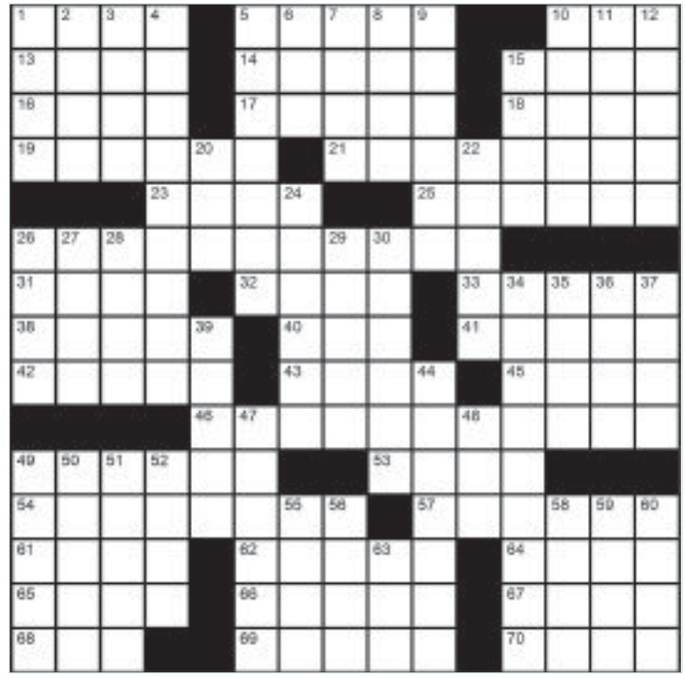
♑ Capricorn
Dec. 22 - Jan. 20
It's good to learn from your own mistakes but it's better to learn from other people's. Watch them do something the wrong way then do it the right way. That's easy enough.

♒ Aquarius
Jan. 21 - Feb. 19
You are under no illusions about what needs to be done to improve your career but can you translate that into action? Many people's great ideas never come to much. You must not be one of them.

♓ Pisces
Feb. 20 - March 20
You can try to change another person's opinions about something but it's unlikely you will succeed. Even if facts are on your side, they'll refuse to see it your way. SALLY BROMPTON

Crossword: Canada Across and Down

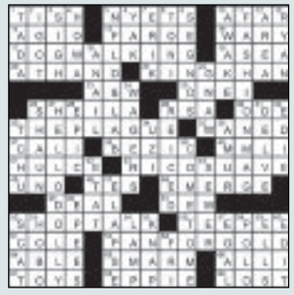
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Toronto Mayor Rob Ford's brother
5. Stack creator
10. The Queen __ (b.1900 - d.2002)
13. Montreal suburb, Baie-D'__
14. Pointed arch
15. Optimism
16. Deity worshipped in ancient Thebes [var. sp.]
17. "__, __ really." (Response to "Would you like to...")
18. Roughly, __ __ about
19. Tom Cruise vampire
21. Canadian novelist, Douglas __
23. Luau souvenirs
25. Ottawa: __ Canal
26. __ _: Tales for an Accelerated Culture (Bestseller by #21-Across)
31. Sort of lily
32. Political party event [abbr.]
33. Toaster waffles
38. Cycled
40. Lyric poem
41. "Hasta __!" (Bye, in Spain)
42. Panorama
43. Early helicopter
45. __-do-well
46. The Prairies, Canada's __
49. Stingy
53. Twi'lek dancer of Jabba the Hutt's court in "Return of the Jedi" (1983)
54. Historic area of Winnipeg, __ District
57. "My sentiments exactly!": 2 wds.
61. Venue
62. Poi ingredients
64. Skeleton part
65. Gin flavouring
66. Up in the air
67. Pet fish's home
68. Hankering
69. Survives
70. Young hawks

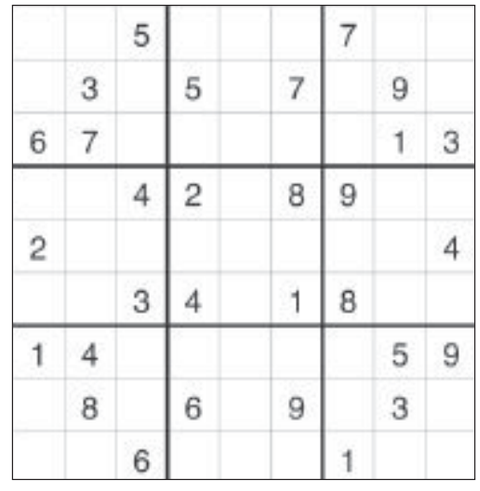
Down
1. Double
2. Paul Revere & The Raiders song: "Him __ __ - What's It Gonna Be?"
3. Li'l saucers
4. "Shelter Valley": Debut single by Cobourg, ON band __ Husbands
5. 18th-century Chief of The Ottawa
6. 54-40's "_ __ Blind" Labrador
15. Grasp
20. Irish carrier, __ Lingus
22. High-tech dot
24. Larry, Curly or Moe
26. Chatters
27. Mr. Clapton
28. Microwave, in slang
29. Agra's locale
30. Exaggerate
34. 21-__ __
35. Nerd
36. S-shaped moulding
37. Variety
39. Ms. Winger
44. Some members of orchestras
47. Leased car
48. Completely
49. Dishevelled
50. Banish
51. __ Bell, pen name of youngest Bronte Sister, Anne (b.1820 - d.1849)
52. Clarified butter
55. Grand party
56. Cupid's Greek counterpart
58. That which Buffy would do
59. "True Blood" star Ms. Paquin
60. Creatures of Tibet
63. Commonly, in poetry
7. Hamilton expressway, The __
8. Rachael Ray's cooking stuff
9. Bring back
10. Singer, Janelle __
11. ABC's "Once __ _ Time"
12. Labrador Sea, in French: __ __

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

1	6	2	7	8	3	9	5	4
7	5	4	2	1	9	6	3	8
9	8	3	6	5	4	7	2	1
2	3	8	9	4	1	5	7	6
5	9	6	8	2	7	1	4	3
4	7	1	3	6	5	8	9	2
8	1	9	5	3	2	4	6	7
3	4	5	1	7	6	2	8	9
6	2	7	4	9	8	3	1	5

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-9°/-12°
Partly cloudy
Wednesday
-5°/-13°
Variable
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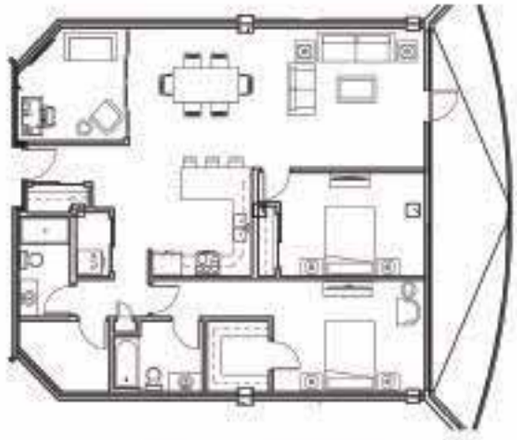

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